

# Sheena Black, MD

Orthopedic Surgeon

Sports Medicine Specialist



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## PHYSICAL THERAPY PROTOCOL TOTAL KNEE ARTHROPLASTY

<u>Postop</u>	<u>Goals</u>	<u>ROM</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-3</b> PT 2- 3x/week HEP daily	<b>0 – 90 degrees by 3 weeks post-op</b>  Emphasize full passive extension  Edema and pain control  SLR without lag  Promote independence	Passive and AAROM as tolerated	WBAT <i>with walker</i>  Gait training  Safe Transfers	Normalize gait  Patella and tibiofemoral mobilizations Knee extension and flexion stretches (supine and sitting) Edema control NMES/Biofeedback for quad control Stationary bike Standing SLR in 4 directions Hip strategy exercises (clam, side lying hip abduction, bilateral/unilateral bridges) Closed chain (standing theraband, terminal knee extension, static single limb stance)  Exercises: <ul style="list-style-type: none"><li>• <u>Supine</u>: ankle pumps, quad sets, hamstring sets, heel slides, short arc quad, straight leg raise, hip abduction</li><li>• <u>Seated</u>: long arc quad and knee flexion</li><li>• <u>Stretches</u>: knee extension stretch and knee flexion stretch seated (closed chain with scoot toward edge of chair)</li></ul>
<b>Weeks 3-6</b> PT 2x/week HEP daily	<b>0 – 110 degrees by 6 weeks post-op</b>  Focus on extension and ROM at every visit  Full passive extension Normal gait Edema and pain control SLR without lag Promote independence	Full	WBAT with or without assistive device	Continue with previous therex  Progress ROM program  Reinforce normal gait mechanics  Ok to start hydrotherapy if incision healed  Soft tissue mobilization techniques for pain management and ROM
<b>Weeks 6-9</b> PT 2x/week HEP daily	<b><u>Advanced Movement and strengthening Phase</u></b>  <b>AROM 0 – 120 degrees</b>  Reciprocal ascent/descend stairs	Full	WBAT without assistive device	Continue with previous therex  Progress with resistance and repetitions

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<b>Weeks 9+</b> PT 2x/week HEP daily	<b><u>Return to Activity Phase</u></b> Non-antalgic gait Return to pain-free activities Normal lower body strength AROM 0-120 degrees	Full	WBAT without assistive device	Continue with previous therex  Initiate return to specific recreational activities (golf, progressive walking or biking program)
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**IF QUESTIONS: PLEASE CALL 469-800-7200**